

A Study to Evaluate the Effectiveness of Video Teaching Programme on kegel Exercises among Postnatal Mothers in Selected Hospital at Jammu

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Abstract

The purpose of this research is to determine the impact of VTP (video teaching programme) on Kegel exercises among postnatal mothers in a Jammu hospital. To accomplish the study's aims, the research design was quasi-experimental. Forty postnatal mothers were chosen to test the impact of VTP on Kegel exercises at different hospitals in Jammu. The sampling technique for study was Convenience sampling technique to select the samples. Informed consent was obtained from the participants prior to data collection. The tool consists of demographic data and structured knowledge questionnaire on kegel exercise was administered to collect the data from the postnatal mothers. Pre-test knowledge level of postnatal exercises was assessed. Video teaching was given for the postnatal mothers. Post-test knowledge level of kegel exercises was assessed. Descriptive and inferential statistics was used for analyzed the collected data and is arranged based on the objectives of the study.

Keywords: Pelvic floor, muscle training, puerperium, pre-pregnancy, kegel exercises.

INTRODUCTION

Kegel is the name of a pelvic floor exercise, named by Dr. Arnold Kegel, Gynecologist University of Southern California, developed in 1948. The reason for developing Kegel exercises was because Dr. Arnold realized that his female patients experienced urine leakage problems after giving birth. Kegel exercise also known as pelvic floor muscle training (PFMT). These exercises are the most effective exercises for controlling urinary incontinence naturally. It has many benefits for women with no negative side effects. For improving urinary incontinence Kegel exercise is now widely accepted. These exercises can help make the muscles stronger under the womb, pelvic floor, bladder, and bowel (large intestine). They can help both the gender (men and women) who have problems with urine leakage, urinary incontinence or bowel control. Kegel exercises can be done any time you are sitting or lying down. You can do them any time in a day when you are eating, sitting at your desk, driving, and when you are resting or watching TV.

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NEED FOR STUDY

Postnatal care should be unique and personal, and offered in a sensitive and loving manner to the mother. Thus, they feel capable of recovery, adjustment, and enjoyment (sara wickham 2006).

In 1998, 330 women died as a result of maternal causes. Among those attributed to pregnancy, childbirth, and the puerperium complications. Annual maternal mortality rate was 8.4 deaths per 100,000 live births. Thus, national health policies focusing on mother and child health have a goal of halving maternal morbidity by the year 2000 AD.

In six weeks, the uterus involutes to its pre-pregnancy size. Within 3-6 weeks, the lochia discharge progressively decreases. For weeks, the abdominal wall stays soft and flabby, and only progressive exercise may restore it to its pre-pregnancy form. The urinary tract changes take at least eight weeks to reverse. As a result, post-natal exercise is started as soon as possible in order for the mother to restore her "pre-pregnancy figure" without experiencing any adverse consequences. (Jischa,2008).

Each year, around 30 million women in India experience pregnancy and 27 million have live births, with over 1,00,000 pregnancy-related maternal deaths occurring among pregnant women. Due to associated bad health, only 42.3 percent of births are attended by competent birth attendants, and approximately 65 percent of deliveries occur during the first six weeks postpartum. Symptoms range from physical pain to mental distress throughout the period. Sunstones (2007).

Exercise is critical for reestablishing normal function after childbirth. Pelvic floor and abdominal contractions may be initiated during the first 24 hours after birth to reintroduce pelvic floor contractions. Immediate postpartum care is critical for reestablishing muscle tone, decreasing edoema, improving circulation, and alleviating discomfort. Especially if any episiotomy on the perineum has been done. The patient should be instructed to contract brace the pelvic floor muscle while coughing, sneezing, and initially to support the sutured perineum annually while defecating. Pelvic floor strengthening should continue throughout the postpartum phase and beyond to restore muscle tone and enhance normal bowel, bladder, and sexual dysfunction. (Arvinth, 2004).

BACKGROUND OF THE STUDY

Kegel exercises are simple hold-and-release exercises that any women can do to make the muscles of pelvic floor stronger. The pelvis is the area between hips that holds reproductive organs of male and female. The pelvic floor is a group of muscles found in the floor (the base) of pelvis is really a series of muscles and tissues that forms a sling, or hammock, at the bottom of pelvis. If you think of the pelvis as being the home to organs like the bladder, uterus (or prostate in men) and rectum, the pelvic floor muscles are the home's foundation. This sling holds organs in place. A weak pelvic floor may lead to issues such as the inability to control the urine and bowels activity. Once women perfect in Kegel exercises, she can do anytime and anywhere in the privacy of own house or while waiting in line at the ticket counter. When pelvic floor muscles are weak and can't be able to support the bladder and urethra, the person may have urinary incontinence. So, all kegel exercises are the best ways to strengthen the pelvic muscles those support the urinary bladder, urethra, uterus and rectum. The involving repetitions of both sustained and rapid voluntary contractions of the muscles and used specially to treat urinary incontinence and improve sexual function.

OBJECTIVES

1. To assess postnatal mothers' knowledge of kegel exercises prior to the delivery of a video teaching programme.
2. To assess postnatal mothers' knowledge of kegel exercises after administration of a video instruction programme.
3. To compare the knowledge score on kegel exercises before and after administration of a video education programme.
4. To determine the association between the pre-test knowledge score with selected demographic variables.

MATERIAL AND METHODS

AIM OF STUDY

The aim of the research is to determine the impact of a video training programme on kegel exercises among postnatal mothers in a selected Jammu hospital.

RESEARCH HYPOTHESIS

H1 – There is a statistically significant difference in pre- and post-test scores for kegel exercise knowledge.

H2 – There will be a statistically significant relationship between pre-test kegel exercise with selected demographic variables.

RESEARCH APPROACH

The efficiency of a video training programme on kegel exercises among postnatal women at a chosen hospital in Jammu was evaluated using a quantitative approach.

RESEARCH DESIGN

The present study aim was to evaluate the effectiveness of video teaching programme on kegel exercises among postnatal mothers in selected hospital, at Jammu. For the present study, quasi experimental research design was adopted to achieve the objectives of the study.

VARIABLES UNDER STUDY

Independent variable (IV)

The present research used a video teaching programme on kegel exercises during the postnatal period as the independent variable.

Dependent Variable (DV)

Postnatal mothers' knowledge scores on kegel exercises before to a video teaching programme. Postnatal mothers' knowledge of kegel exercises following a video teaching programme Demographic variable:

The demographic variables under the study are age of postnatal mothers, religion of postnatal mothers, education of postnatal mothers, occupation of postnatal mothers, Monthly income of postnatal mothers, age at marriage, Type of family of postnatal mothers, Residential area of postnatal mothers, Source of information about kegel exercise.

RESEARCH SETTING

“Setting” refers to the area where the study is conducted. The selection of appropriate set up is very important asset can influence the way people behave or feel and how they respond. The researcher needs to decide where the data will be collected according to the availability of subject and seeking approval and expectations of cooperation. The setting for the study was SMGS Hospital, Jammu.

TARGET POPULATION

Target population in the study was postnatal mothers admitted in selected hospital, jammu.

SAMPLING TECHNIQUE

Sample is used in research when it is not feasible to study the whole population from which it is drawn. The process of sampling makes it possible to accept a generalization to the intended population based on careful observation of variables, within a relatively small proportion of population. Non-probability Convenience sampling technique was used to select the sample from selected hospital, Jammu [Table 1-2].

SAMPLE AND SAMPLE SIZE

According to Polit and Hungler (1995), “A sample is a small portion of population selected for observation and analysis.” Sampling refers to the process of selecting a portion of population to represent the entire population. 40 postnatal mothers were selected for the present study [Table 3-4].

MAJOR FINDINGS OF THE STUDY

Findings related to socio-demographic variables

- 22 (55 percent) of mothers in 40 samples were between the ages of 21 and 25 years.
- The majority of them, 24 (60 percent), were Hindu.
- The majority of mothers (17) (42 percent) had completed a higher secondary education.

- 26 (64 percent) of the mothers in this survey were housewives and Cooley.
- The majority of mothers 16 (40 percent) earned between Rs.2001 and Rs.3000 per month.
- 23 (57.5%) of mothers reached menarche between the ages of 13-16 years.
- Nearly 18 percent (24 percent) of respondents married between the ages of 20 and 24.
- Approximately 22 (55 percent) of them were nuclear family members.
- The majority of the research participants (29, or 72.5 percent) came from urban areas.
- The majority of them, 22 (55 percent), had just one child.
- The current research showed that 10% (25%) of mothers acquired knowledge about postnatal activities from health care providers and the mass media.

Findings regarding pre- and post-test kegel exercise knowledge scores in postnatal mothers

- The mean proportion of postnatal mothers with a pre-test knowledge score was 46.6%.
- Postpartum mothers had sufficient knowledge about postpartum exercise.
- Administer a video-based education programme.
- The mean proportion of postnatal moms with a post-test knowledge score was 75.9 percent.
- The post-test mean percentage of knowledge was greater than the pre-test mean percentage of knowledge.
- The video education programme improved postnatal mothers' knowledge of postnatal exercises.

Table 1. Knowledge score of post natal mothers on postnatal exercise before video teaching programme.

Aspect	Max Score	Range Score	Respondent Knowledge		
			Mean	Mean %	SD%
Pre test	42	15 – 25	19.6	46.6	7.33

Table 2. Knowledge score of post natal mothers on postnatal exercise after video teaching programme.

Aspect	Max Score	Range Score	Respondent Knowledge		
			Mean	Mean (%)	SD (%)
Post test	42	28-35	31.9	75.9	5.23

Table 3. Knowledge level of postnatal mothers on postnatal exercise before & after video teaching programme.

Aspect	Respondents Knowledge Level			
	Pre test		Post test	
	No	%	No	%
Inadequate < 50%	31	75.5	0	0
Moderate 50 – 75%	09	22.5	10	25
Adequate > 75%	0	0	30	75
COMBINED	40	100	40	100

The results indicated that knowledge and sociodemographic characteristics such as monthly income, family type, and source of information were significantly associated with their pre-test knowledge score at the 0.05 level [Figure 1].

Table 4. Knowledge score of postnatal mothers on postnatal exercise before & after video teaching programme.

Aspect	Max Score	Range Score	Respondents Knowledge			Paired 't' test
			Mean	Mean %	SD%	
Pre test	42	15-25	19.6	46.6	7.33	23.3
Post test	42	25-35	31.9	75.9	5.23	
Enhancement	42	13-10	12.3	29.3	6.28	

The paired 't' test was highly significant ($t = 23.3$ $P < 0.05$) i.e. the video teaching was very much effective in increasing knowledge level regarding postnatal exercises among postnatal mothers [Figure 2].

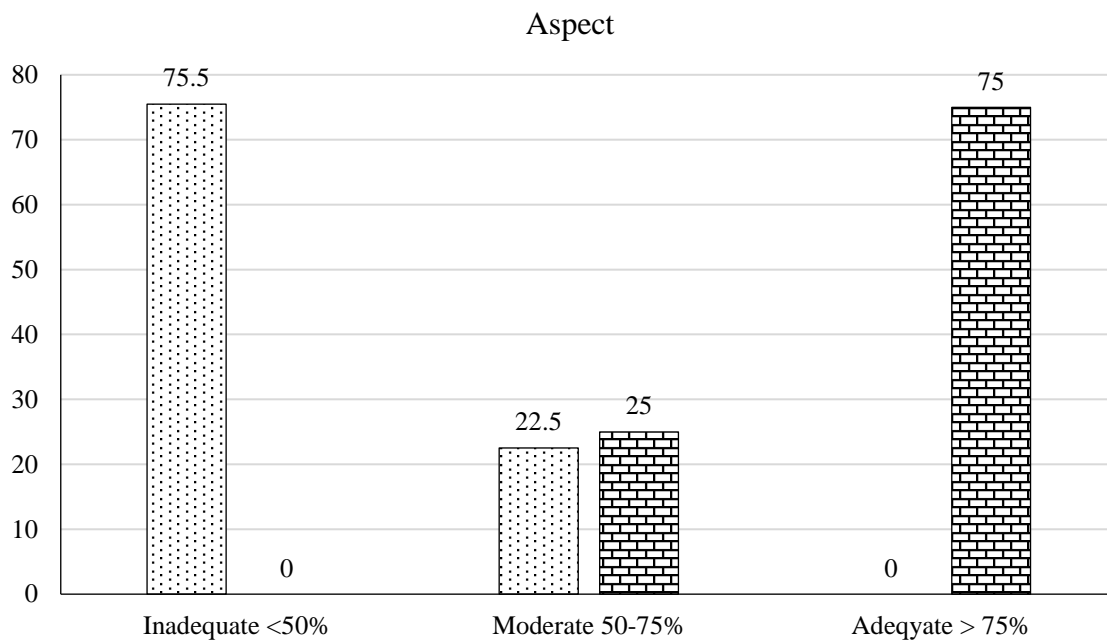


Figure 1. Association of socio demographic variables with knowledge of postnatal mothers.

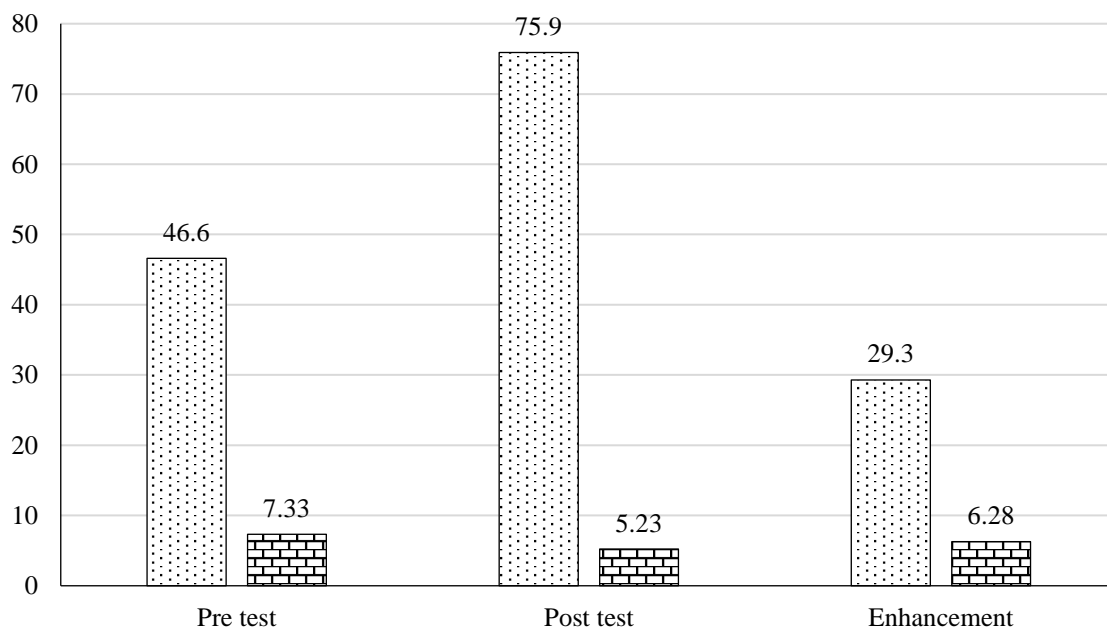


Figure 2. It shows the different level of pretest post-test and Enhancement.

CONCLUSION AND DISCUSSION

The purpose of this research was to determine the efficiency of a video training programme on kegel exercise among postnatal mothers and to determine the association between pretest knowledge score and a number of demographic characteristics.

SOCIO – DEMO GRAPHIC VARIABLES

Findings related to solo demographic variables

- 22 (55 percent) of moms in 40 samples were between the ages of 21 and 25 years.

- The majority of them, 24 (60 percent), were Hindu.
- The majority of mothers (17) (42 percent) had completed a higher secondary education.
- 26 (64 percent) of the mothers in this survey were housewives and Cooley.
- The majority of mothers 16 (40 percent) earned between Rs.2001 and Rs.3000 per month.
- 23 (57.5%) of mothers reached menarche between the age's of 13-16 years.
- Nearly 18 percent (24 percent) of respondents married between the ages of 20 and 24.
- Approximately 22 (55 percent) of them were nuclear family members.
- The majority of the research individuals (29, or 72.5 percent) came from urban areas.
- The majority of them, 22 (55 percent), had just one child.
- The current research showed that 10% (25%) of mothers acquired knowledge about postnatal exercises from health care providers and the mass media.

EVALUATE THE EFFICACY OF A VIDEO TRAINING PROGRAMME

Findings on pre- and post-test Kegel exercise levels in postnatal mothers

- The mean proportion of postnatal mothers with a pre-test knowledge score was 46.6 percent.
- Postnatal mothers lacked adequate knowledge about Kegel exercise. Administer a video-based education programme.
- The mean proportion of postnatal mothers with a post-test knowledge score of 75.9 percent.
- The post-test mean of knowledge was greater than the pre-test mean knowledge.
- The video teaching programme increases postnatal mothers' understanding of Kegel exercises.

The paired 't' test was highly significant ($t = 23.3$ $P < 0.05$) indicating that video education was immensely beneficial at improving postnatal mothers' knowledge of postnatal exercises.

Abbreviation

Df	: Degree of freedom
N	: Number of subjects
NS	: Non-Significant
P value	: Probability value
VTP	: Video Teaching Programme
χ^2	: Chi Square

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